

Course Description

Both courses both start on the drive of the Robert Smyth Academy. Runners will exit the drive and turn left onto Burnmill Road staying on the pavement. A left turn takes you onto Alvington Way, a fast downhill stretch. Another left turn then takes you to Leicester Road, again downhill and on the pavement. As Leicester Road approaches the town centre, you will be directed by a marshal onto the road following Carnival procession route. This is at approximately the 1 mile point. The route then takes you around the closed streets of Market Harborough turning left onto Coventry Road, left onto Farndon Road, left onto Welland Park Road, left onto Northampton Road and right onto St. Mary's Road. At the end of St. Mary's, you will turn left onto Clarence Street and re-join the pavement. Here is the 3 mile point and a road crossing team will direct you onto Albert Road which you will follow onto Fernie Road. The first water station and the first relay changeover point are located here. Runners then turn left to join Great Bowden Road and the start of an approximately 1 mile steady climb into the village of Great Bowden. Both routes continue to bear left into the heart of the village and at the junction of Langton Road, the routes split.

The 10K runners will continue along Main Street whilst a road crossing team will direct Half Marathon runners to cross onto Langton Road and join the pavement on the right hand side of the road. This will lead into Welham Road with runners remaining on the pavement. Welham Road bears left and runners will share a section of road for approximately a quarter of a mile with speed restricted traffic. After passing the A6 cut through road, Welham Road has access only for farm traffic as it is a no-through road. You will remain on this stretch for approximately 3 miles before turning left onto Thorpe Langton Road. Along the Welham Road at the 6.5 mile point, you will find the second water station and the second relay changeover point. On Thorpe Langton Road you will again be sharing the road with speed restricted vehicles. You will continue on this stretch for 1.5 miles. There is a short pavement section as you enter and leave the village of Thorpe Langton and continue on Bowden Road which becomes Langton Road, back to the village of Great Bowden. The water station is outside the Langton Brewery at the 8.5 mile point. The third relay changeover point is at 9.75 miles on the Langton Road. A mile and a quarter after the relay point, runners will meet the road crossing team in the village and re-join the 10k route.

Continue along Main Street on the pavement as instructed by marshals. There is a short (200m) section of this road that has no pavement. This will be coned off for runners and will lead into a left turn up Burnmill Road. On Burnmill, a one-way traffic system will be in operation so that runners remain on the left hand side of the road. After a half mile fairly challenging climb, runners will re-join the pavement for a fast downhill stretch of just under a mile on Burnmill Road. A left turn takes you onto Roman Way and a road crossing team will direct you over the road for a right turn onto The Broadway. You will follow a tight, right cut through/turn on to the Carnival showground at Symington's Rec. Here you will be greeted by thousands of spectators enjoying the glorious summer weather.